
From: Rich Murray <rmforall@gmail.com>
Sent: Monday, January 20, 2014 1:32 AM
To: Rich Murray
Subject: Adrienne Samuels PhD tells how toxic MSG, like aspartame, is promoted by vested interests and hidden with 52 names, in brief TV interview Saturday Jan 25 2014, detailed website and book: Rich Murray 2014.01.19

Adrienne Samuels PhD tells how toxic MSG, like aspartame, is promoted by vested interests and hidden with 52 names, in brief TV interview Saturday Jan 25 2014, detailed website and book: Rich Murray 2014.01.19
<http://rmforall.blogspot.com/2014/01/adrienne-samuels-phd-tells-how-toxic.html>

Carol Alt (A Healthy You and Carol Alt) has taped a segment on MSG:
Some of the reactions MSG causes and where it's hidden in food.

It's scheduled to air on Fox News, Saturday January 25, 4:00 pm Eastern Time, 1 pm PST.

Only a 5 minute interview with Adrienne Samuels, but enough to help raise awareness of the toxic effects of MSG and where it's hidden in food.

Please help us raise awareness.
Please spread the word.

Adrienne Samuels

<http://www.truthinlabeling.org/>

<https://www.facebook.com/pages/Truth-in-Labeling-Campaign/114093959577?v=wall>

www.Amazon.com sells her Kindle ebook and paperback -- providing a lengthy online free sample that is very informative...

It Wasn't Alzheimer's It Was MSG an exposé [Kindle Edition]
Adrienne Samuels Ph.D. (Author) May 2013
4.5 out of 5 stars
See all reviews (8 customer reviews)

<http://www.themanwhosuedthefda.info/>

The first edition was January 2013, titled "The Man Who Sued the FDA".

Book Description:
Publication Date: August 20, 2013

Part memoir, part history, part exposé -- you will meet the men and women who manufacture and market toxic chemicals poured into food.

Meet those who do research for pay, and learn how they rig their studies to conclude that they have not found MSG to be harmful, and how they get government, the media, and the medical community to do their bidding.

Meet the man who supplied researchers with study designs and neurotoxic aspartame to use in placebos.

And meet his friends at the FDA -- friends like Michael R. Taylor, FDA Deputy Commissioner for Food and Tipper Gore's cousin, who for years has moved through the revolving door between Monsanto, the USDA, the industry law firm of King and Spalding, and the FDA.

This is the story of one man's battle to survive unlabeled poisons in food, cosmetics, pharmaceuticals, and dietary supplements; poisons found even in infant formula.

It's a book for those who care about the toxic potential of MSG and/or aspartame, and those who have interest in the fine points of FDA/industry collusion.

About the Author:

Adrienne Samuels, Ph.D., was the wife of MSG activist Jack Samuels.

Mother and grandmother, she is an experimental psychologist by training, and educational psychologist by degree.

She holds a B.S. degree from Northwestern University where she graduated with distinction and departmental honors.

She won her Ph.D. degree from the University of Wisconsin, Madison where she studied with Chester Harris and Julian Stanley, both statisticians.

In 1988, in an attempt to better understand the etiology of Jack's life-threatening sensitivity to man-made glutamic acid (MSG), Adrienne undertook an investigation of the literature on MSG toxic reactions in animals and adverse reactions in humans, finding that MSG is a neurotoxin and endocrine disruptor, and that industry studies which claim otherwise are all badly flawed.

She has written extensively to the FDA and to various members of the Congress.

She has testified before the Advisory Committee on the Food and Drug Administration and submitted testimony to the Federation of American Societies for Experimental Biology, Life Sciences Research Office on the Evaluation of the Safety of Amino Acids and Related Products, and on the Analysis of Adverse Reactions to Monosodium Glutamate (MSG), FDA Docket No. 92N-0391; and was a plaintiff in the law suit, Truth in Labeling Campaign, et al., Plaintiffs vs. Donna Shalala, et al., Defendants, brought to require that MSG in processed food be identified on product labels.

She has authored:

MSG: A Review of the Literature and Critique of Industry Sponsored Research, MSG and the FDA:

Historical Perspective, MSG:

Food for Thought but Not for Eating, The Toxicity/Safety of Processed Free Glutamic Acid (MSG):

A Study in Suppression of Information;

and co-authored MSG: The Truth and Consequences;

and written a number of shorter letters and papers.

She is cofounder and director of the Truth in Labeling Campaign.

Product Details:

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Print Length: 214 pages

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ASIN: B00EODF4YQ

6 of 6 people found the following review helpful

4.0 out of 5 stars

What? No Problem?, August 21, 2013

By Sid Seidenstein - See all my reviews

This review is from: It Wasn't Alzheimer's. It Was MSG. (Kindle Edition)

As a research trained Ph.D myself, I found myself agreeing with this classic tale of government ineptitude, lobbying, and biased research.

This is the the intriguing personal story of Jack and Adrienne Samuels as they try to understand Jack's sensitivity to MSG, and get the FDA to control its use in food.

As is with many other "regulatory" agencies, they depict the revolving door of industry, academia, and regulation that characterizes this part of the food industry.

Most interesting is the analysis of so called "experiments" which "prove" the safety of MSG, showing how the research design and selective reporting of data is used to support the "safety" of the product.

Also described is how any negative data or information about MSG is suppressed as anecdotal, kept from publication, and countered by media campaigns, as well as discrediting the researcher.

Methanol (wood alcohol) from cigarettes and aspartame circulates with blood half-life 3 hours, entering every cell -- made into uncontrolled formaldehyde inside cells with high ADH1 enzyme levels -- WC Monte paradigm: Rich Murray 2014.01.19

similar macular harm in multiple sclerosis as from formaldehyde made by ADH enzyme inside retina capillary walls from methanol, Prof. Woodrow C. Monte text "While Science Sleeps" 2012 Jan -- some quotes re retina harm: Rich Murray 2012.05.10

<http://rmforall.blogspot.com/2012/05/similar-macular-harm-in-multiple.html>

Only humans cells lack a functioning biochemical defense against the ADH1 enzyme, in high levels in 20 tissues, rapidly making methanol into uncontrolled, free floating highly reactive acidic hydrated formaldehyde right inside the cytosol. Thus, humans are ten to a hundred times more vulnerable than any other creature.

Evidence exists that autism results from exposure to pregnant women in the fourth week, since ADH1 levels are high in the Purkinje cells of the vermis in the cerebellum, while other plausible birth defects include spina bifida, premature birth, and Fetal Alcohol Spectrum Disorder.

The leading methanol sources are cigarette smoke and aspartame (E951).
WC Monte gives 782 free full text medical research references at WhileScienceSleeps.com .

California OEHHA sets methanol ingestion level 23 mg daily, same as from 1 can aspartame diet soda, 10 cigarettes, 3 tomatoes, or 4 cans green beans: Rich Murray 2013.07.03
<http://rmforall.blogspot.com/2013/07/california-oehha-sets-methanol.html>

"However, the anticipated exposure to methanol from consumption of aspartame would not be considered an exposure within the meaning of Proposition 65 because aspartame is not listed under Proposition 65."

[Rich Murray: Many pregnant women drink one 12-oz can aspartame diet drink daily, with 200 mg aspartame that gives 11% methanol, 22 mg, which is just under the OEHHA limit of 23 mg daily.

The smoke from 10 cigarettes gives 20 mg methanol, the same as from 3 full size fresh tomatoes, or 4 cans of unfresh green beans.]

smoke from a pack cigarettes gives 40 mg methanol (wood alcohol), same as from 2 aspartame diet drinks -- becomes formaldehyde inside brain and retina cells via ADH1 enzyme -- WC Monte paradigm: Rich Murray 2013.08.30

11% of aspartame is methanol, which becomes free floating formaldehyde inside human cells -- methanol also in cigarettes and canned fruits and vegetables: Rich Murray 2013.08.30

Human epidemiological studies so far fail to control for additional common methanol sources: cigarettes and wood and peat smoke, smoked foods, fresh tomatoes, and degraded pectins from unfresh fruits juices vegetables preserved wet at room temperature in sealed cans jars plastic containers...

autism as a birth defect from epigenetic methylation by formaldehyde made from methanol by ADH1 enzyme inside Purkinje cells in vermis in cerebellum and in inner walls of brain blood vessels -- Prof. WC Monte paradigm: Rich Murray 2013.04.26
<http://rmforall.blogspot.com/2013/04/autism-as-birth-defect-from-epigenetic.html>

CA Pardo autism brain autopsy findings in 2005 fit WC Monte paradigm -- methanol with blood half-life 3 hours is made by ADH1 enzyme into free floating formaldehyde in 20 defenseless human cells in 20 tissues: Rich Murray 2013.07.21

<http://rmforall.blogspot.com/2013/07/ca-pardo-autism-brain-autopsy-findings.html>

The Woodrow C. Monte methanol/formaldehyde toxicity paradigm is that concentrations of ADH1 enzyme, well known to exist inside blood vessel wall cells in specific tissues, quickly turn methanol into formaldehyde inside the vessel cells, in humans only -- the highly reactive formaldehyde diffuses to penetrate adjacent tissue cells, binding to DNA, RNA, and proteins, attracting macrophages, which die, creating complex, expanding micro lesions, leading to many modern "diseases of civilization", Alzheimer's, arthritis, diabetes, multiple sclerosis, lupus -- as well as later cancers -- also serious birth defects in the fetal brain in the fourth week of pregnancy, spinal bifida and autism.

Aspartame is 11% methanol, 22 mg per can of diet drink -- similar levels of methanol come from wood and cigarette smoke, heated and canned fruits juices vegetables, fermented and smoked foods, some wines and liquors, vehicle fuels, many cleaners and solvents, chemical medical autopsy mortuary facilities, heated wood in particleboard and paper factories, and more.

WC Monte submits robust evidence for multiple sclerosis, which he concludes proves methanol to be the proximate toxic cause, since ADH1 enzyme is within the cells of the inner linings of brain blood vessels, the Purkinje cells of the vermis of the cerebellum, and rods and cones of the retina -- ADH1 quickly turns methanol into free floating formaldehyde within these cells, disrupting the blood brain barrier...

See also:

James McDonald to EFSA, outdated aspartame ADI gives methanol 35 times too high for human safety, ten minute talk at April 9 public sharing, Brussels: Rich Murray 2013.04.15

<http://rmforall.blogspot.com/2013/04/james-mcdonald-to-efsa-outdated.html>

aspartame harm in rat brain from 75 mg/kg gives human ADI 0.75 mg/kg, 53 times less than EU ADI 40 mg/kg, Ashok Iyyaswamy, SheelaDevi Rathinasamy, U. Madras 2012.08.03 free full text -- main methanol toxin is formaldehyde, not formate: Rich Murray 2013.06.01

<http://rmforall.blogspot.com/2013/06/aspartame-harm-in-rat-brain-from-75.html>

more lower aspartame and methanol ADIs from studies by RH Nair, SheelaDevi Rathinasamy, WC Monte, PS Jeganathan, A Namasivayam, Hazleton Labs, Searle Labs: Rich Murray 2013.06.01

<http://rmforall.blogspot.com/2013/06/more-lower-aspartame-and-methanol-adis.html>

Kate S. Collison et al show prediabetic harm in gene expression in mice fed lifetime aspartame, MSG, trans fats -- reduce human aspartame ADI 1000 times: Rich Murray 2013.07.30

<http://rmforall.blogspot.com/2013/07/kate-s-collison-et-al-show-prediabetic.html>

aspartame impairment of spatial cognition and insulin sensitivity in mice, focus on phenylalanine and aspartate [methanol also crosses placenta into fetus, turning into teratogenic formaldehyde], Kate S. Collison et al, PLoS One 2012.04.03: Rich Murray 2012.04.29

<http://rmforall.blogspot.com/2012/04/aspartame-impairment-of-spatial.html>

usual doses of aspartame proven to cause cancers, Michael F. Jacobson PhD, Director, Center for Science in the Public Interest -- also long 1985 statement: Rich Murray 2013.08.15

<http://rmforall.blogspot.com/2013/08/usual-doses-of-aspartame-proven-to.html>

highly competent, pithy analysis of aspartame cancer study by Eva S. Schernhammer at Harvard, William R. Ware, PhD, showing relevance of Woodrow C. Monte methanol-formaldehyde toxicity paradigm: Rich Murray 2012.12.03

<http://rmforall.blogspot.com/2012/12/highly-competent-pithy-analysis-of.html>

careful expert lifetime study on mice shows liver and lung cancers from aspartame, M Soffritti et al, Ramazzini Institute, Italy, checked by US National Toxicology Program experts, confirms many previous studies from 2001 on: Rich Murray 2011.02.27

<http://rmforall.blogspot.com/2011/02/careful-expert-lifetime-study-on-mice.html>

The public EFSA session on aspartame safety on April 9 for 5 hours included an audience of about 50 experts and 10-20 ESFA staff in Brussels.

The release of the final EFSA review on aspartame safety will be delayed from April 15 to early December, 2013.

Extremely cogent multiple lines of robust evidence were briefly described that strongly support the methanol formaldehyde toxicity paradigm of Prof. Woodrow C. Monte, Prof. Food Science and Nutrition, Arizona State University, retired 2004 -- supported by an online archive of 782 free full text medical research references at www.WhileScienceSleeps.com.

It is clear that methanol is far more dangerous for chronic low level exposures than realized since 1890.

Major sources include the smoke from a pack of cigarettes, 40 mg methanol, the same as from 2 cans aspartame diet drink. It now seems likely that most cigarette diseases are actually methanol toxicity...

Methanol stays in the blood with a half-life of 3 hours, reaching every part of the body and the fetus with the bloodstream, and readily entering all cells.

Humans are uniquely vulnerable to methanol formaldehyde toxicity, as they lack a functioning catalase enzyme system, that in all other creatures serves to protect each cell against the rapid conversion of methanol into free floating formaldehyde right inside the cells of 20 specific tissues that have high levels of ADH1 enzyme.

The effects are used to good advantage in embalming and disinfection, as formaldehyde immediately bonds to and impairs DNA, RNA, and proteins, permanently disrupting cell biochemistry, cell by cell, as long as methanol is ingested -- leading to 20 specific chronic modern novel "diseases of civilization", that progress slowly and erratically, according to the ingestion of methanol from a variety of modern sources:

smoke from cigarettes, wood, and peat;

since 1983, aspartame, including from most chewing gums;

fresh tomatoes and black currants;

unfresh fruits juices vegetables cut up and preserved wet at room temperature in sealed cans jars plastic containers;

jams jellies marmalades;

smoked fermented spoiled foods;

many dark wines and liquors;

work at paper and wood factories, mortuaries, medical and chemical facilities;

Research since 2012 specifically shows the presence of formaldehyde bonded to cellular macromolecules inside cells after methanol ingestion -- the paradigm will be confirmed in detail very quickly, as science exponentially explores this simple breakthrough.

This presents the world food industry with an unprecedented opportunity to serve the huge public good by collaborating vigorously to eliminate all methanol exposures from foods and beverages. The Net guarantees that the news and evidence will spread explosively everywhere.

Paul Thomas MD Pediatrics and Integrative Medicine, Portland OR, praises "While Science Sleeps" at Amazon.com -- WC Monte paradigm of methanol formaldehyde toxicity via ADH1 enzyme in 20 human tissues, including fetus: Rich Murray 2013.04.03

<http://rmforall.blogspot.com/2013/04/paul-thomas-md-pediatrics-integrative.html>

Prof. Resia Pretorius letter re aspartame to EJCN cites Prof. Woodrow C. Monte "While Science Sleeps" text, re methanol/formaldehyde toxicity paradigm: Rich Murray 2012.05.21

<http://rmforall.blogspot.com/2012/05/prof-resia-pretorius-letter-re.html>

Aspartame: The hidden danger [methanol/formaldehyde] in our midst and how it kills us, 12 page review of While Science Sleeps text (Woodrow C Monte), International Health News, whole June issue, Editor: William R Ware PhD: Rich Murray 2012.06.08

<http://rmforall.blogspot.com/2012/06/aspartame-hidden-danger.html>

Table 5.2 is the key chart -- ADH1 enzyme at high levels in 20 tissues in body and fetus makes methanol into formaldehyde right inside cells, initiating over 20 human diseases, with full text references, WC Monte paradigm: Rich Murray 2013.03.21

<http://rmforall.blogspot.com/2013/03/table-52-is-key-chart-adh1-enzyme-at.html>

research on aspartame (methanol, formaldehyde, formic acid) toxicity:
Murray 2004.07.11 rmforall

<http://groups.yahoo.com/group/aspartameNM/message/1100>

"As a matter of course, every soul citizen of Earth has a priority to quickly find and positively share evidence for healthy and safe food, drink, environment, and society."

within the fellowship of service,

Rich Murray

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BS MIT 1964 history and physics

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